

# Enhanced Food-Based Meal Pattern for Lunch

Meal Component	Minimum Quantities				
	Required				Option for Grades K-3
	Ages 1-2	Preschool	Grades K-6	Grades 7-12	
<b>Milk</b> (As a beverage)	6 fl. oz.	6 fl. oz.	8 fl. oz.	8 fl. oz.	8 fl. oz.
<b>Meat or Meat Alternate</b> (Quantity of the edible portion as served)					
Lean meat/poultry or fish	1 oz.	1½ oz.	2 oz.	2 oz.	1½ oz.
Alternate Protein Products <sup>1</sup>	1 oz.	1½ oz.	2 oz.	2 oz.	1½ oz.
Cheese	1 oz.	1½ oz.	2 oz.	2 oz.	1½ oz.
Egg (large)	½	¾	1	1	¾
Cooked dry beans and peas	¼ cup	⅜ cup	½ cup	½ cup	⅜ cup
Peanut butter or other nut or seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.	4 Tbsp.	3 Tbsp.
Yogurt, plain or flavored, unsweetened or sweetened	4 oz. <b>or</b> ½ cup	6 oz. <b>or</b> ¾ cup	8 oz. <b>or</b> 1 cup	8 oz. <b>or</b> 1 cup	6 oz. <b>or</b> ¾ cup
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above: Peanuts, soynuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry or fish).	½ oz. = 50%	¾ oz. = 50%	1 oz. = 50%	1 oz. = 50%	¾ oz. = 50%
<b>Vegetables/Fruits<sup>2</sup></b> (2 or more servings of vegetables or fruits or both)	½ cup	½ cup	¾ cup plus additional ½ cup over a week <sup>3,4</sup>	1 cup	¾ cup
<b>Grains/Breads<sup>5</sup></b> Must be enriched or whole grain or contain germ or bran. A serving is a slice of bread (25 grams or 0.9 oz.) or an equivalent serving of biscuits, rolls, etc., or ½ cup of cooked rice, macaroni, noodles, other pasta products or cereal grains.	5 servings per week <sup>3,5,6</sup>  Minimum of ½ per day	8 servings per week <sup>3,5,6</sup>  Minimum of 1 per day	12 servings per week <sup>3,5,6</sup>  Minimum of 1 per day <sup>7</sup>	15 servings per week <sup>3,5,6</sup>  Minimum of 1 per day <sup>7</sup>	10 servings per week <sup>3,5,6</sup>  Minimum of 1 per day <sup>7</sup>

<sup>1</sup> Alternate Protein Products must (1) be processed so that some portion of the non-protein constituents of the food is removed, (2) have a biological protein quality of at least 80 percent that of casein as determined by PDCAAS, and (3) contain at least 18 percent protein by weight when fully hydrated or formulated.

<sup>2</sup> The specified portions must be met with at least **two** servings of **different** fruit(s) and/or vegetable(s). Full-strength vegetable or fruit juice may be counted to meet not more than 50 percent of this requirement.

<sup>3</sup> For the purposes of this chart, a week equals five days.

<sup>4</sup> Seven-day operations must provide an additional weekly ¾ cup of vegetable/fruit for grades K-6.

<sup>5</sup> For specific serving sizes, see "Serving Sizes for Grains/Breads in the Child Nutrition Programs".

<sup>6</sup> Seven-day operations must provide the following weekly totals for grains/breads: 7 servings for ages 1-2; 11¼ servings for preschool; 17 servings for grades K-6; 21 servings for grades 7-12; and 14 servings for optional grades K-3.

<sup>7</sup> For grades K-12, up to one grains/breads serving per day may be a dessert.